



7th Annual 5 A Day Mini-Grants!

The Montana Nutrition and Physical Activity Program of the Department of Public Health & Human Services is partnering with Eat Right Montana Coalition to award *5 A Day* mini-grants. Applicants are eligible for up to a \$500 award, and the total amount available in 2005 is \$7000.

Mini-grant applications must be received (in hand) by 5 p.m. May 13,

2005. Send the completed to: Lynn Hellenga MSRD, Nutrition Coordinator, Nutrition and Physical Activity Program, Montana State University, HHD PO Box 173360 Bozeman, MT 59717-3360 or e-mail application to LHellenga@Montana.edu by May 13. I notify you in June whether we can fund your project, but funds may not be disbursed until July. **Projects** must be **completed by September 1, 2005.**

This is what we're looking for when selecting the projects to fund:

- ✓ Clear and complete description of the proposed project.
- ✓ Main focus is on promoting *5 A Day* or increased fruit and vegetable intake.
- ✓ Collaboration with other members of the community.
- ✓ At least one desired outcome.
- ✓ Measurable outcomes and a description of the assessment methods to be used with a specific target audience.
- ✓ Project intends to improve access to, and/or consumption of fruits and vegetables through implementation of policies or environmental changes.
- ✓ Clear description of how the mini-grant funds will be used.
- ✓ NOTE: If you received a *5 A Day* mini-grant in 2004, you may submit an application if you already have submitted the "5 A Day Activity Tracking Form" for your 2004 event. If you need *5 A Day* resources or ideas, call Lynn at 406 994-5710

MINI-GRANT APPLICATION FOR MONTANA 5 A DAY PROJECTS

Applications must be received (in hand) by May 13, 2005

Projects must be completed and feedback form returned by September 1, 2005

The grant amount can be used for printing/ mailing costs, nutrition education supplies and materials, etc. Food can be purchased with these funds only as part of the nutrition education component. Receipts are not needed. *Please type or print. Attach additional pages if needed.*

Title of Project: _____

Organization Name: _____

Organization's Tax ID _____

(Because these mini-grants involve a State agency, the tax ID is **required** for review of the application and any disbursement of funds.)

1. Project Plan (please describe in detail the project components, involvement of the community, school and/or parents, etc.):

2. Target Audience and approximate participation numbers:

3. Desired Outcome (What do you specifically want to accomplish with this project?):

4. Evaluation Plan (How will outcomes be measured, what method of assessment will you use, etc.):

5. Describe how this project is sustainable via policy and environmental change (and is not a one-time event). Sustainable examples include installing a salad bar in schools, establishing guidelines that produce be served at school parties or worksite meetings, stocking vending machines with juice, etc.

6. How much money is requested (up to \$500) and how will the mini-grant funds be used?

Organization Name: _____

Contact: _____

Address: _____

City/ZIP: _____ Daytime Phone Number: _____

If awarded, I verify that the funds from this mini-grant will be used specifically to fund the *5 A Day* nutrition project for our organization as detailed in this application. Our organization will return the funds if the project cannot be implemented. I will ensure that the *5 A Day* project feedback form (which will be sent with the award notification) will be returned to Lynn Hellenga, MT Nutrition and Physical Activity Program, by September 1, 2005.

Signature of Contact _____ Date _____
